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LUNCH RUSH
SKIP THE WAIT WITH ITALIAN KITCHEN'S TAKEOUT MENU {page 15}

STRIPPED
LOHAN'S LATEST ATTEMPT AT A COMEBACK DISH {page 12}

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News worth sharing.

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▶ Michael Conway tells his story to reporters at North Vancouver RCMP headquarters yesterday.

Fall lands man in cold water

North Vancouverite rescued after spending night in snowy canyon Suffered cuts, bruises, hypothermia and — after losing shoe — severe frostbite to one foot

A 29-year-old North Vancouver man says he owes his life to the RCMP and search-and-rescue volunteers after falling down an embankment and being rescued seven hours later, hypothermic and frostbitten.

Michael Conway had been walking along a wooded trail on his way home from a friend's housewarming — where he'd had "multiple" glasses of champagne — when he lost his footing and tumbled down a muddy cliff.

"Initially I only fell 10 or 12 feet, but the slope was too slippery," he said. "I was getting colder and wetter with each attempt (to scramble up)."

Conway became trapped in a wet, rocky canyon.

"I thought this could be the way I (die)," Conway said. "I was panicked."

After trying for some time to find his way out, he called for help on his cellphone.

Police turned to the phone company to determine where the call came from and narrowed the signal down to a cell tower near Ross and Duval roads just before Conway's cellphone died, said RCMP Cpl. Peter DeVries.

"I'm here to say thank you. They put in a very difficult evening ... (and) worked tirelessly to save my life. I can't thank them enough."
MICHAEL CONWAY

With the help of a police dog, officers began searching the dark woods.

"I was constantly yelling, 'Help! I'm down here!'" Conway said.

"Eventually I saw the flashlights in the trees and heard the officers calling my name."

By the time he was pulled to safety, he'd been standing in wet clothes in sub-zero temperatures for seven hours.

"I know that if it hadn't been for the officers finding me, I would have died," Conway said. "I don't think this will even sink in for a few days."

KRISTEN THOMPSON

Gear up for summer school

Arts courses range from languages to animation {pages 22-23}

Canucks tinker on deadline day

Chris Higgins, Maxim Lapierre add support up front {page 25}

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Bittersweet starring role for Vancouver Top Chef

It's been a wild week for Dale MacKay.

The executive chef of Vancouver's Lumière was saddened by news his restaurant and sister diner db Bistro Moderne are set to close March 13.

Yet MacKay is bracing for a profile boost when the inaugural season of Top Chef Canada airs on the Food Network April 11.

"Whether I'm at Lumière or not, this is going to be good exposure," the chef said yesterday. "It is sad these restaurants are going to be gone. We're very happy with what we've accomplished in the last two and a half years."

MATT KIELTYKA

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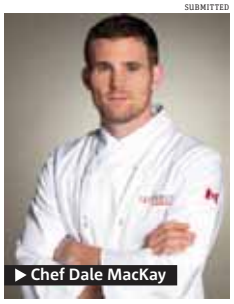

▶ Chef Dale MacKay

Woman drives off bridge

The race is on to save a young woman's life after she drove off the Serpentine River Bridge in Surrey yesterday morning and spent an hour in her submerged car before being rescued by divers.

Police responded to the call at 9:50 a.m. after learning a Honda Civic had plunged into the river.

The lone occupant in the car, a woman in her 20s, was airlifted to hospital in critical condition.

MATT KIELTYKA

KRISTEN THOMPSON/METRO FILE

▶ The rear of a house on Pandora Street following a December house fire that killed three people.

Ex-inspector goes after city

Claims she was demoted, dismissed after Pandora Street fire ◐ Says work environment hostile, embarrassing, humiliating ◐ City says she quit

MATT KIELTYKA
@METRONEWS.CA

A former manager at the City of Vancouver claims she was forced from her job in the aftermath of December's fatal Pandora Street fire and is suing the city.

Carlene Robbins' claim is laid out in a Notice of Civil Claim filed in B.C. Supreme Court Feb. 24, as the 55-year-old seeks damages from the city following her controversial exit Jan. 26.

The city has always claimed Robbins quit, and was not fired, but the document filed by the former employee — who worked with the city for 38 years — paints a different story.

According to the notice, licence inspector Robbins was demoted following the Dec. 21 fire that killed three people at a rooming house at 2862 Pandora St. The house had previously been red-flagged for its unsafe conditions.

The "unilateral" changes to her contract created "a work environment of hostility, embarrassment and humiliation," according to the notice.

Robbins claims the city's conduct was a "repudiation of her contract of employment" and considered it "as having been terminated."

A spokesperson said the city is unable to comment, but said the city's position remains unchanged.

1 news

News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

B.C. polygamist leader says he would welcome probe into allegations of child brides in the community. Video at metronews.ca

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Win still moves me: Luongo

Rogers Place unveils a commemorative exhibit for one-year anniversary of Team Canada's hockey win
Province renames Feb. 28 to honour players

A year after Team Canada's electrifying gold-medal hockey victory, memories of the 2010 Olympics are still fresh for goalie Roberto Luongo.

The games were an unforgettable time in his career, said Luongo, who looked back fondly on his time as an Olympian in front of a commemorative display newly unveiled at Rogers Arena yesterday.

"I can't believe a year has gone by already," he said.

"I was telling my wife last night, watching the replay of the last few plays and the goal still brings goosebumps — and probably those won't ever go away."

The Olympics were made special for Luongo by lifelong bonds forged over the course of the Games, he said.

"You make friendships that will be there forever," said Luongo.

The Canucks goalie said that now, when he plays against his Team Canada mates in NHL games, "there's always a nod, a smile, a hello."

In honour of the five Team Canada players with a B.C. connection, Feb. 28 will be known as Duncan Keith, Scott Niedermayer, Brent Seabrook, Roberto Luongo and Shea Weber Day, said deputy premier Colin Hansen.

The exhibit showcases Olympic artifacts including a torch, a hockey stick and goalie mask, as well as a giant photo of Luongo waving a celebratory Canadian flag following the team's now-legendary win.

NATALIE KAUR JOHAL

For more local stories, visit metronews.ca/vancouver

'Golden goal'

Sidney Crosby scored his game-winning "golden goal" in overtime, defeating the U.S. with a final score of 3-2.

- **The Olympic final** was the most-watched hockey game in three decades with 27.6-million viewers tuning in, according to the NHL.
- **Before that,** the most-watched game was the U.S.-versus-Finland 1980 Olympic final.

NATALIE KAUR JOHAL/FOR METRO

▶ Gold-medal goalie Roberto Luongo stands in front of an Olympic display unveiled at Rogers Arena yesterday.

on the hou$e

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▶ The SS Komagata Maru in July 1914.

Parks Board approves tribute to Komagata Maru

The Vancouver Parks Board unanimously approved plans yesterday to build a monument commemorating the Komagata Maru incident.

It's been nearly 100 years since the ship arrived off the coast of Burrard Inlet in 1914, carrying 376 British subjects who hoped to begin life anew in Canada. Of those, 356 were turned away because of their South Asian origin.

Vancouver Parks commissioner Raj Hundal said the incident exemplifies the government's exclusionary policies at the time and is one of the most unfortunate events in Canada's history.

"It brings tears to my eyes to think that this happened on Canadian water," Hundal said.

The monument is planned to go up by March 2012 at Harbour Green Park, where visitors could look out and imagine the ill-fated vessel, which was anchored for months before being forced to turn back.

The board worked with the Khalsa Diwan Society on the federally funded project and unveiled preliminary sketches of the memorial at the Coal Harbour Community Centre in late January.

Hundal said the ship-like monument will honour the passengers and educate the public. NATALIE KAUR JOHAL

Bounced partygoer allegedly sets fire to house

An angry partygoer allegedly set a Nanaimo house ablaze after being asked to leave on Saturday night.

According to Nanaimo RCMP, the jilted guest allegedly threw a lit object into a pile of clothes in the home's laundry room, causing a quick-spreading fire.

When crews arrived, the house was filled with smoke, and charring was evident in the laundry room, police said.

Richard James Thompson, 19, has been charged with arson with disregard for human life and arson to property.

NATALIE KAUR JOHAL

18

An 18-month-old was home at the time of the fire. Her rescue required the efforts of several guests.

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402	2 BR + FLEX	1072	$ 1,315,900	SOLD
701	2 BR + FLEX + EB	1153	$ 1,299,900	$ 959,900
305	2 BR + FAM + FLEX + EB	1674	$ 2,475,900	$ 1,399,900

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News in brief

Photogs focus on leadership

BAHRAIN. Photographers demonstrated yesterday in Manama, demanding the Information minister resign and condemning state-run Bahrain TV for airing what they claim are fake images aimed at misleading the public.

Protesters escalated pressure on the nation's embattled monarchy. **THE ASSOCIATED PRESS**

Protesters set store ablaze

OMAN. Protesters set a supermarket ablaze and rallied at two places in the seaside town of Sohar, about 120 miles northwest of the capital of Muscat yesterday in a third consecutive day of unrest that has included deadly clashes in the strategic Gulf nation.

Oman, ruled by a powerful family dynasty, marks the latest flashpoint in the Arab world's challenges to authority. **THE ASSOCIATED PRESS**

Britain open to military force

LONDON. Prime Minister David Cameron says Britain is working with its allies on a plan to establish a military no-fly zone over Libya.

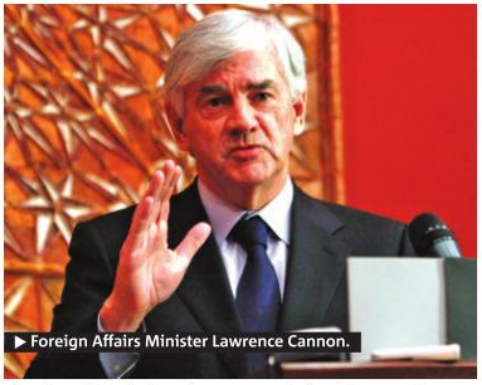
Cameron did not say whether that meant that the U.K. or its allies were moving to ban Libyan aircraft from flying immediately or simply making plans in case the situation there escalated.

But he told British lawmakers yesterday that he did not "in any way" rule out the use of military force. **THE ASSOCIATED PRESS**

Canada slams Libyan regime

Government says Moammar Gadhafi should face trial ● Libyan leader's assets here are frozen

ISABELLA BONOTTO/THE ASSOCIATED PRESS



▶ Foreign Affairs Minister Lawrence Cannon.

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

The call by Foreign Affairs Minister Lawrence Cannon yesterday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the pro-democracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva.

He spoke after the chief prosecutor of the International Criminal Court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humanity. Luis Moreno-Ocampo said he hoped to decide within days whether to formally open an investigation that could lead to charges. **THE CANADIAN PRESS**

Mubarak's wife, son grounded in Egypt

Airport officials say authorities prevented the wife and son of ousted President Hosni Mubarak from flying out of the Red Sea resort of Sharm el-Sheikh hours before authorities banned the Mubarak family from travelling abroad.

The officials said yesterday that Mubarak's wife Suzanne and younger son Gamal tried to board a private jet Sunday at the airport in Sharm el-Sheikh, where they have been staying since Mubarak stepped down on Feb. 11.

Authorities told them they cannot leave without special permission.

Yesterday, Egypt's top prosecutor seized all the funds of Mubarak and his family and banned them from travelling abroad.

It was not clear whether the ban was issued because they tried to leave. **THE ASSOCIATED PRESS**

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Heat is on for Libya to give Gadhafi the boot

HUSSEIN MALLA/THE ASSOCIATED PRESS

▶ A Libyan boy sits in front of a mural in Benghazi.

International pressure on Moammar Gadhafi to end his crackdown on opponents escalated yesterday as his loyalists closed in on rebel-held cities nearest the capital.

The U.S. moved naval and air forces closer to Libya and said all options were open, including the use of warplanes to patrol the North African nation's skies and protect citizens threatened by their leader.

France said it would fly aid to the opposition-controlled eastern half of the country.

"Gadhafi has lost the legitimacy to govern, and it is time for him to go without further violence or delay," U.S. Secretary of State Hillary Rodham Clinton said. "No option is off the table. That of course includes a no-fly zone," she added.

The uprising that began Feb. 15 has posed most serious challenge to Gadhafi in his more than four decades in power. His bloody crackdown has left hundreds, and perhaps thousands, dead.

Gadhafi, who in the past two weeks has launched the most brutal crackdown of any Arab regime facing a wave of popular uprisings, laughed off a question from ABC News about whether he would step down as the Obama administration demands. "My people love me. They would die for me," he said. **THE ASSOCIATED PRESS**

Yemen revolt goes on

Yemen's president offered yesterday to form a unity government with opponents — provided protests against him stop. The opposition swiftly rejected the gesture.

President Ali Abdullah Saleh's latest overture comes a day before opponents were to stage ``a day of rage'' around the country to push for his ouster. **THE ASSOCIATED PRESS**

2013

President Ali Abdullah Saleh, who has been in power 32 years, has promised to step down after national elections in 2013, but this has not stopped the protests.

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THE EVOLUTION OF SIBLING RIVALRIES

She says ...

JESSICA NAPIER

When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.

Instead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to forage for food and roll his eyes at my high school awkwardness.

Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment — and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite."

"As siblings mature they do the unthinkable — they start to enjoy each other's company."

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and we start thinking of them as adults.

Somewhere between the end of high school and our 20-something years, my brother and I called a truce; rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Camera 'traps' rare rhinos

Worth mentioning

Endangered

WWF-INDONESIA AND UJUNG KULON NATIONAL PARK AUTHORITY/THE ASSOCIATED PRESS

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.

"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

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Metro Minute at dance festival

Beginning today, local, national and international dance artists will converge on the city as part of the Vancouver International Dance Festival. The three-week festival features 14 performances by the likes of Yvonne Pouget, The Source and Khambatta Dance Company. Performances will be held at the Roundhouse and the Shadbolt Centre for the Arts. In addition to the performances, the festival also features master classes and archival photography chronicling three decades of dance in Vancouver. Tonight, battery opera's Su-Feh and Jung-Ah begins at 7 p.m. and EDAM's life sentences runs at 8 p.m. at the Roundhouse Community Centre. Tickets are $28-35. Visit vidf.ca for more info. METRO

COURTESY OF ANA WECHSLER-PUIG

▶ Yvonne Pouget and Giacomo Di Benedetto perform in Vancouver during the 2011 Vancouver International Dance Festival.

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Surging GDP bodes well for 2011: Analysts

- December alone saw growth spurt of 0.5 per cent
- Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted.

Adding to the good news, Statistics Canada revised the results of the third quarter upwards to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

3.5
Bank of Montreal economist Douglas Porter says the strong handoff from 2010 means first-quarter growth should come in at about 3.5 per cent.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping to bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

But there were downside surprises in the GDP report. Inventory buildup fell, not usual during a recovery, and business investment in new machinery and equipment was flat, though the previous three quarters had been strong.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 84.37 (14,136.50)	+ 0.76¢ (102.94¢ US)	– $0.91 US ($96.97 US)	1,000 cu ft $4.037 US (+ 3.2¢)
			Gold contracts $1,409.90 US (+ $.60)

PRICES AS AT 5 P.M. YESTERDAY

Hot. Brand

▶ Mike and Andy Priestman show off some of Nice PKG's snazzy gadget wrappers at their Concord, Ont., office, as dogs Titus and Stewart look on.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Nice work if you can get it

As Mike and Andy Priestman have proved, the words "stylish" and "digital" needn't be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then they've built a $1-million company by wrapping up laptops, phones and other tech stuff in natty bags, sleeves and cases.

Metro expanding to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres worldwide.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

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HANDOUT

▶ Ken Finkleman, left, best known for his work on The Newsroom, is back with a new comedy series Good Dog, which debuts Sunday on HBO Canada.

Finkleman looks for truth in Good Dog

Creator of The Newsroom gets back to his neurotic self in new comedy
Satirist inspired by daily life and taking simple situations to the extreme

STEVE GOW
SCENE@METRONEWS.CA

If there's one thing you can say about the star and creator of award-winning TV series The Newsroom, it's that Ken Finkleman has been ahead of his time. And now the mind behind that acclaimed satire is finally back to form with Good Dog.

"What influenced (this series) is simply my daily life," said Finkleman about the show that will debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a character that Finkleman might have a tough time separating from his own off-screen psyche.

"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

While Finkleman denies enjoying much about the process of writing (or filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work."

Quotes

- **What inspires Ken Finkleman's work:** "I just don't want to be a useless person hanging out doing nothing all day — it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."
- **Finkleman on why his characters are all named George:** "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

Megamind

Genre: Animation
Director: Tom McGrath
Stars: Will Ferrell, Jonah Hill and Brad Pitt

Megamind isn't so much a movie as it is a pop cultural pile-on.

This animated superhero parody makes so many zippy references to film, music and other mass obsessions, it's like watching stand-up comedians trade riffs with each other on a Just For Laughs stage.

With the exception of Brad Pitt, who is capable of hilarity, most of the principal voices actually are veteran stand-up and/or sketch comics.

Will Ferrell is the titular villain, a big-domed blue genius who just wants the world to obey him — or else. Pitt is Metro Man, a flying hunk who defends truth, liberty and the American way in a concrete burg called Metro City. PETER HOWELL

127 Hours

Genre: Drama
Director: Danny Boyle
Stars: James Franco, Amber Tamblyn and Kate Mara

If you really think about it, this is a black comedy, although you definitely shouldn't go to this Danny Boyle wonder expecting a yukfest. It's often hard to watch, especially that scene where James Franco, playing Colorado adventurer Aron Ralston, is obliged to cut his arm off to escape an unyielding boulder. All the same, if

you have an appreciation for the cruel absurdities of life and the ability to rise above them, then 127 Hours is the ultimate Road Runner cartoon. Franco's Ralston is a real-life Wile E. Coyote, trapped by a boulder made not by Acme Inc., but rather by the mischievous gods of fate. PETER HOWELL

Scene in brief

NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

The network said yesterday that the multiplatinum-selling singer will be joined by musical guests The Strokes.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest Jessie J.

Galifianakis stars on the HBO comedy series Bored to Death. He has just finished filming The Hangover 2. THE ASSOCIATED PRESS

Nelly Furtado, who was paid $1 million to perform for Gadhafi clan, says she will donate money. Scan code for the story.

Celebrity tweets

Elijah Wood [@woodelijah] i love eggs. i love them on pizza, scrambled, poached, fried, steamed, green, sunny side up, over rice, on a burger...

Kanye West [@kanyewest] Don't ever try to sell me on anything. Give me ALL the information and I'll make my own decisions.

Kelly Osbourne [@MissKellyO] My mum keep yelling brixton ya can't take a lady away from her roots!!!!

Steve Martin [@SteveMartinToGo] Home from the Oscars. I enjoyed working with Anne Hathaway. Never knew she was Shakespeare's wife.

METRO

Lindsay set to pose nude

Struggling for a comeback, star inks reported $3 million deal to bare all

PAUL BUCK-POOL/GETTY IMAGES

Lindsay Lohan

While struggling for a comeback between court appearances, Lindsay Lohan has reportedly signed a $3 million deal to pose nude for a new book by photographer Terry Richardson, according to the Daily Mirror.

"Lindsay is struggling to get another break in Hollywood. There's a stigma attached to working with her and she is determined to change this — starting with the photographic book," a source tells the newspaper.

"Terry Richardson has persuaded Lindsay and James (Franco) to get involved. He has assured them it will be provocative but tasteful. There will be a lot of nakedness — some of it graphic and suggestive — but it will be a real statement book."

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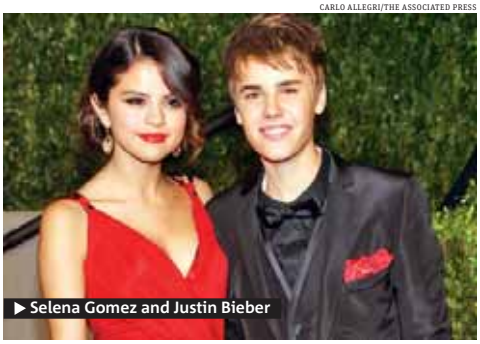

Selena Gomez and Justin Bieber

Bieber and Gomez: It's official, matching outfits and all

After months of dodging paparazzi and questions about their relationship, Justin Bieber and Selena Gomez made their first public appearance as a couple at the Vanity Fair Oscar party in Hollywood Sunday night, according to Popcrunch. The pair even coordinated their outfits, with Bieber's red pocket square matching Gomez's crimson gown. METRO

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Dermal LASER CENTRES

Weighing the future of video game fitness

Metro's Heather Buchan is put through the paces of both the real world and virtual workouts

HEATHER BUCHAN
LIFE@METRONEWS.CA

JOHN R. KENNEDY/FOR METRO

▶ Heather Buchan worked out with a trainer and Ubisoft's Your Shape Fitness Evolved to weigh the differences.

Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute having a real trainer continually motivating me to bend deeper, push harder or do one more rep.

In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my one-on-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietician Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Half the battle of working out is mental, after all, and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to keep a food diary, recording everything I put into my mouth for one week.

I automatically became more careful of portion sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal trainer at the gym also kept motivation at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysitting.

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch.

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

Follow her

Look back on Heather's adventure online.

Web You can read all of Heather's adventure through the world of video game fitness on metronews.ca.

3 life

Daily Squeeze

Larry Track, a leading fitness trainer, owner of Track Fitness in Toronto and a contributing expert at DailySqueeze.ca gives his advice on how trends come and go, but which ones can you trust? Read his five "rules" you shouldn't second-guess and why at metronews.ca.

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The American Academy of Pediatrics wants teenagers banned from tanning salons to reduce their risk of skin cancer.

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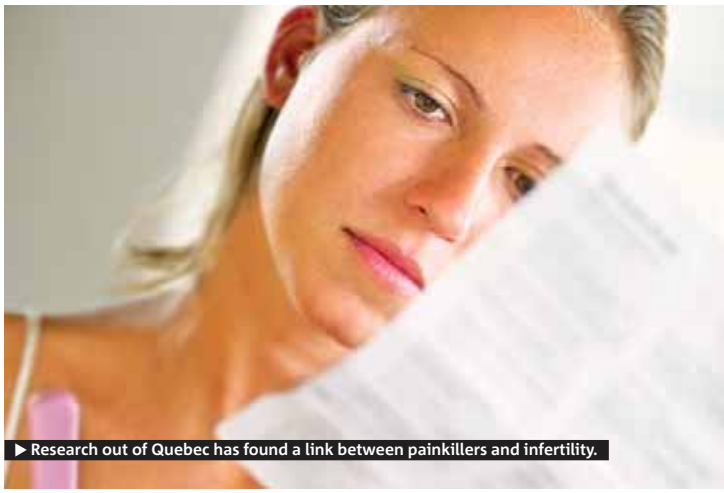
University of Victoria | Centre on Aging

The pain of infertility

New research out of Quebec has found a link between painkillers and conception issues

CELIA MILNE
LIFE@METRONEWS.CA



▶ Research out of Quebec has found a link between painkillers and infertility.

Over-the-counter painkillers could be keeping you from conceiving.

Millions of women reach for Aspirin, Advil or Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking these," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

They help inflammation, pain, fever and blood clotting, and protect the lining of the stomach from acid damage.

They also help control vascular pressure, uterine tone, and bone absorption. However, along with these benefits there are risks. NSAIDs (non-steroidal anti-inflammatory drugs) block the good prostaglandins that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two when a woman suffers from infertility.

"If your pain is not a threat, reduce your use of NSAIDs for sure if you want to be pregnant," he says. Taking painkillers for one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

By the numbers

Here's what you need to know:

- **Percentages 7-9**: Estimated percentage of people in Canada who are infertile.
- **Rate 1.6**: Canada's fertility rate
- **Population 2.1:** Number needed to replace the population
- **Births** 20: Average age of first birth in 1986
- **A decade later** 29: Average age of first birth in 1996

Thoughts on... Rest

ADVICE At times, it can seem that life dictates we stay busy.

The truth of the matter is that we need to build the appropriate amount of time to rest and renew into our days. Personally, I find that taking a break and resting is one of the best ways to become rejuvenated and productive.

However, many feel guilty about resting in the first place. Taking a rest doesn't mean you are lazy or wasting time.

No. It's something that our body and mind need. Therefore, the next time you are feeling fatigued, overwhelmed, stressed, or even frustrated — take a rest.

Give yourself permission to rest and enjoy. There's no substitute for rest — get plenty.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Learn to walk in her shoes

Ramona Braganza takes on CARE's latest challenge

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently has taken on her latest challenge: CARE Canada's Walk in Her Shoes.

Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my iPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training — alternating fast and slow songs can help me pick up, or slow down, the pace.

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

Don't forget to warm up

A few quick warm-ups I do before each training session includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

METRO WORLD NEWS

▶ Ramona Braganza

The Fuel to Move

Whenever you plan to walk during your day make sure you are fuelled up first.

If you are planning to walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jump-start your metabolism.

METRO

More Care

Want to get involved? Here's what you need to know.

- **A good cause** Visit metronews.ca/walkinhershoes this week for more fitness tips from Ramona Braganza. Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support CARE's work.

A covert café with exceptional Italian flavours

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ERIN IRELAND

Sienna Panini and Niccioline pasta salad.

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

From my dimly lit dining table, I barely recognized the scruffy haired Love Actually star standing on Alberni Street.

Liam Neeson was exiting Italian Kitchen, one of his regular Vancouver spots that serves Italian inspired cuisine and bears lineups out its front door.

For a taste of the stylish, star-studded eatery's offerings — minus the wait — visit its adjoining, newly revamped takeout window. The menu, including all of your Italian staples, has just increased twofold.

My grilled Sienna Panini ($6.50) was built on crispy, herbed focaccia and filled with roasted eggplant, tender chicken, large nuggets of kalamata olives and toasted almonds — adding a deliciously sweet nuttiness to the otherwise savoury sandwich.

My pasta salad — the Noccioline ($5.95) — had me at the sight of pesto. The shell pasta was tossed in the heavenly green sauce and spruced up further with tangy chunks of sundried tomato.

IK2Go
1037 Alberni St.
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ik2go.com
Rating: 4.5 out of 5

ISTOCK

Sausage and Rice Chili

EMILY RICHARDS
FOOD@METRONEWS. CA

Preparation:

1. Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.
2. Reduce heat to medium and add oil. Add onion, garlic, chilli powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally for about 15 minutes.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3 mild Italian sausages (about 12 oz/375 g)
- 2 tsp (10 mL) extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chilli powder
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Italian style or arborio rice
- 2 cups (500 mL) tomato and basil or marinara pasta sauce
- 2 cups (500 mL) chicken stock
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

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AFTER 7 YEARS, IT MAY BE TIME TO MOVE ON

I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

Andrea: Dear practically-married-to-high-school-sweetheart, I can assure you that the past seven years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you. You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment. For him to really feel motivated and treat you like a woman, you have to create the incentive. Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smoldering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas. If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

Claire: Dear early 20s, One of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness. Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your future. If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

SUBMITTED

▶ Thomas and Vanessa

INTERNET LOVE: ONLINE ROMANCE PREVAILS AGAIN

Names: Thomas, 25, and Vanessa, 23

Current city: Dartmouth, N.S.

Together since: 2005

Their story:

I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. — about three hours away.

We always talked about getting together and meeting but never did.

When I was in my second year of high school, Thomas moved out west and we stopped chatting.

We had no contact for four months, but then the day before I started grade 12, he happened to pop online and we started chatting again.

He told me he was in Halifax and wanted to get together to finally meet.

We agreed to get together for coffee the next morning before school.

We had seen each other's pictures, but had never actually seen one another in person.

I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

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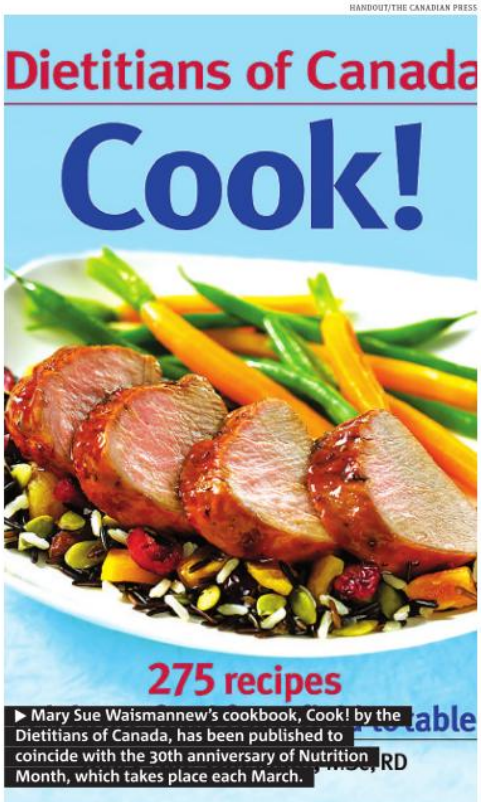

▶ Mary Sue Waismannew's cookbook, Cook! by the Dietitians of Canada, has been published to coincide with the 30th anniversary of Nutrition Month, which takes place each March.

More than just nourishment

Entire family can help prepare meals, talk about food heritage, dietitians say

Mary Sue Waisman fondly remembers Sunday dinners when she was a little girl. Her Italian grandfather grew tomatoes in his backyard and her grandmother used the fresh-picked produce to create wonderful meals.

"It was homemade sauce from homegrown tomatoes and homemade sausage and homemade pasta. It wasn't expensive food, but it was the best food in the world," she says.

Even better was the opportunity to gather around the table with family members, a memory that sustains the 53-year-old dietitian to this day.

"Food is more than just a way to nourish bodies. It's a way to pass down food traditions, a way to talk about food culture," Waisman said in an interview from Halifax.

Her new cookbook, Cook! by the Dietitians of Canada (Robert Rose), has been published to coincide with the 30th anniversary of Nutrition Month, which is held each March.

"It's sort of the ideal kitchen companion for Canadian families because it's not just recipes. ... There's nutrition information, there's family cooking tips, it's solution-focused, there's nutrient information for every recipe, so it's a great friend to have in the kitchen because you can learn a lot and you can make some fabulous food," said Waisman, who is also a trained chef.

In her work as an independent consultant with such organizations as the Dietitians of Canada and the Canadian Diabetes Association and teaching at Mount Saint Vincent University, Waisman says she tries to get across the message that delicious food and healthy eating go hand in hand.

Cook! focuses on using the incredible bounty of Canadian food available and offers pointers to get Canadian families cooking and eating together.

"We've seen that there's been a real change in how people are cooking, perhaps a movement away from scratch cooking and using a lot more convenience foods," says Waisman, who has been a dietitian for 30 years.

"We also know that there's incredible benefits to families sitting down and eating together at a dinner table."

THE CANADIAN PRESS

'Family affair'

- Mary Sue Waisman's Cook! has ideas on how to get the entire family involved with food: Take your family grocery shopping and visit farmers markets. Make your kitchen organized and easy to use. Have everyone help with weekly meal planning.
- "There's no reason why all members of the family can't be involved in the whole cooking process. Little ones can take placemats and non-breakables to the table, teens can start getting involved in some of the cutting and prep work and some of the cooking and everybody can certainly help with cleanup," says Waisman. "It can become a family affair."
- Teaching kids about where food comes from also provides an opportunity to teach them about their roots. For instance, Waisman learned about her Italian heritage from her grandparents.
- With Easter approaching, she suggests discussing with the children why you colour eggs for this holiday.

Ease into investing

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

So you've just topped up your RRSP, or if you've been a particularly good boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it.

(And please don't write telling me there's no such thing as a high-interest savings account. You know what I mean.)

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually they end up sorry. Sometimes very sorry.

▶ Don't rush into investing your RRSP, regardless of pressure from the bank.

Let's say you were talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000 before the technology-laden Nasaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was intense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak. Many portfolios still haven't come back that far.

This is an extreme example that can't happen again, right? Heard about the U.S. subprime financial implosion?

That was a made in the U.S. problem, which we were supposedly well insulated from. Even so the TSX dropped almost 50 per cent from its highs of the summer of 2008 to the new year of 2009.

The moral of the story; never be rushed into investing you're not sure you want and don't understand the implications.

Money matters

Be warned:

- It can take a decade, or more, for an unbalanced portfolio to recover from a precipitous stock market drop.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

REDUCE MY TAXES!

The two most common ways to minimize taxes are to invest in tax-advantaged savings plans such as RRSPs and TFSAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tools for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to $22,000 per year (indexed), and the limit can sometimes vary depending on your pension program at work . These contributions are fully tax deductible and they grow tax-deferred until withdrawal. The greater the amount you contribute, the more income you get to deduct. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

The Tax Free Savings Account (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to $5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

When you invest in non-registered investment plans you can reduce taxes through the dividend tax credit and favourable capital gains tax rate. Dividends are paid to investors who hold certain stocks. The dividend tax credit reduces the taxes that would be paid on this income.

Avoid personal pickpocketing

According to Sigma Assistel, a Desjardins Financial Security subsidiary specializing in telephone assistance services, identity theft is becoming more common in Canada. In fact, you may already know someone who has been victimized by this crime.

What is identity theft?

It occurs when someone obtains another person's personal information without consent (such as a credit card number, driver's license, social insurance number, date of birth, etc.) to commit a crime like fraud. Once armed with this information, an identity thief can easily defraud victims of thousands of dollars.

Luckily, there are steps that you can take to prevent this crime from happening to you.

Here are four easy steps to protect yourself against identity theft

- Systematically shred all unnecessary documents that contain any personal information that could be used to identify you, such as your date of birth, home address or social insurance number.

- Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or e–mail unless you initiated the request.

- Collect your mail every day. Or, if you're about to go on vacation, ask a trusted friend or member to collect it for you.

- Only do business over the web with reputable companies that have high Internet security standards

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Should you go to summer school?

Study abroad, focus your efforts or spread out your workload? But you may miss out on summer fun

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

ISTOCK

There are both pros and cons to going to school over the summer holidays.

Meagan Lowes is in her first year of the animation program at Centennial College in Toronto.

"The program I'm currently in goes all through the summer," she says. "We don't stop and take semesters off."

Some colleges now offer bootcamp-style programs compressed into a full school year.

"Last summer I was working all summer, and I'm happy to be back in school again," says Lowes. "Being in a fast-tracking program is more of a benefit than not in my opinion, because I get done sooner. I don't lose any skills over the break."

Summer school pros

Some students take advantage of out-of-country travel-related courses, such as studying art history in France. It's an opportunity to see the world that you might not be able to do during the regular term while taking other courses.

You can also concentrate your efforts without the distractions of the regular term.

According to Gerry Kendal, vice-provost and registrar at the University of Alberta, "A course that you need to get into and keep focus on, the best way to do it is when you're not interrupted by course demands in other areas. With the intense focus, you can do some tremendous work."

Summer school is an opportunity for you to make up classes. "We'll always have a component of students doing it from a program mitigation standpoint," says Kendal. "Either making up a course they weren't able to or decided not to take, or possibly failed in a prior term, or maybe trying to get a step ahead by taking one to get a prerequisite."

You can also spread the workload over the year. For example, instead of taking five courses in the fall and winter, you might only take three or four courses, and pick them up in the spring and summer. Then you can still complete your degree in four calendar years.

Summer school cons

One reason some may not want to take summer classes is that you'll miss out on summer fun, as well as lucrative employment opportunities. It's lonely — your friends and family will be far away while you're toiling away on campus.

You may find it difficult to hold down a summer job while you're taking multiple courses. "There's no way I can have a job and go to school at the same time — it's way too intensive," says Lowes.

But with the tightening job market resulting from a slow economy, summer school is a viable alternative. "It's been really hard to find work," says Lowes. "There are summer jobs available but you have to look extremely hard to find them because people are really hanging on to the jobs that they have."

Taking the summer off allows some downtime that you might not get if you study year-round.

Dr. Cheryl Washburn, director of counseling services at UBC, advises: "If you choose to take summer session courses, it's important to plan ahead to ensure that you get enough of a summer break to re-energize for fall courses. Also, because summer courses are more intensive, maintaining balance can be a challenge."

ISTOCK

Advance your career over the summer months.

School's 'in' this summer

Canadian Tourism College
tourismcollege.com
Flight Attendant Diploma: May 13 to Aug. 17 or June 17 to Sept. 21
Explore your strengths, vulnerabilities, emotional control and power issues. Training will also focus on the development of effective communication skills and problem-solving techniques, and will investigate the dynamics of teamwork and diversity.

Fine Art Bartending School
fineartbartending.com
Bartender: Two-week certificate every two weeks throughout the year
This two-week course provides hands-on training in the subjects of mixology, beer and wine service, customer service and responsible alcohol service. The school tries to help students find work as bartenders.

Langara College
langara.bc.ca
Summer English Language Program: Aug. 8 to 26 or Aug. 8 to Sept. 2
This program gives you a chance to improve your English, live with a Canadian family and take part in recreation activities in Canada's beautiful natural environment.

British Columbia Institute of Technology
bcit.ca/study/courses
Techniques in Biotechnology Summer Institute: May 24 to Aug. 19
This 21-credit course is divided into units over a 13-week period that provides practical training in many areas of biotechnology. This is the only course required to complete the Associate Certificate in Biotechnology at BCIT.

Vancouver Community College
vcc.ca
Sign Language Studies: July to August
Enhance skills needed for your chosen career or communicate better with a friend or family member. This course is taught by native signers and people active in the deaf community.

Douglas College
douglascollege.ca
Teaching English as a Second Language: May to August
Get the knowledge and skills you need to begin a career teaching English as a second language in Canada or around the world. This 15-credit program includes a 30-hour practicum observing and practice-teaching in an ESL class. You'll learn how to design courses for adults and see how classroom management works.

MIRIAM OSBORNE

A lesson in juggling

Students should be mindful not to overextend themselves Here are a few tips on how to better manage your time and reduce frustration levels

KELLY PUTTER
LIFE@METRONEWS.CA

If you're a college or university student who's choking on all you've bitten off, take heart because there's hope.

Juggling studies with work, volunteer and extracurricular commitments plus that all-important social life can be a maddening exercise in post-secondary school psychosis.

But reducing your frustration and stress levels has more to do with how you think than mastering the agenda on your BlackBerry, says Catherine Hawn, a psychology professor at the University of British Columbia.

Hawn says students often struggle with the notion that achieving balance means devoting equal time to each area in their lives. It doesn't. In addition, students need to realize their goals will conflict and that they unfortunately can't have it all.

"If your goal is to do a summer course and get a high mark, that will compete with a totally fun-loving summer," she says. "So recognize that and be ready for goal conflict."

Prioritizing your goals is critical to success, as is outlining the concrete steps that will help you achieve your goals. Have specific actions you can check off each week.

"It takes planning and it takes maturity and not everyone can do that right away," says Hawn, who teaches a course in academic success at UBC. "If someone's goal is to achieve an A in a course, then that requires a lot of planning and behaviours before that can happen."

If you're feeling stuck or anxious, think about what Hawn calls the "big-picture goal" or where you're headed once you've obtained your degree or diploma. Spending time planning parties for your frat house, for example, might help you if you want to be an event planner, but probably not if you're aiming for a career in accounting.

Here's how to manage your time.

Cross it off

"Being a grad student and being a T.A. is a 24-hour job. I'm attached to my planner. I'm also a list maker and I highlight it so I know it's done and that action of striking it out makes me feel rewarded," says Emily Burns, 23, doing a master's in gender studies at Queen's University in Kingston, Ont.

Ask for help

"Don't be afraid to ask for help. My family and friends have been my biggest support. Don't take too much on all at once and prioritize where you want to put most of your efforts," says Toni Campbell, 23, a fourth-year business student at the University of Calgary.

Move

"In first year, I stopped working out so I could focus on school work and by December I started to get really depressed. This year, I'm doing hot yoga, ringette and running three or four times a week ... and it's definitely dropped my stress. My mood is better and I'm able to handle more things," says Jamie Humble, 19, a second-year science student at Grant MacEwan University in Edmonton.

Embrace it all

"There will be weeks that I feel swamped, but then it all comes together and there is a break in sight. It's critical to stay as organized as possible," says Paige Mowbray, 36, a third-year social work student at UBC in Vancouver.

ISTOCK

▶ Some struggles with time management may be temporarily outside of your control.

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Transportation Trades Tuesday, Mar. 1 & 8, 11 a.m. – lobby, building B	Broadway
English as a Second Language Wednesday, Mar. 2,10 a.m. – room 5025 Wednesday, Mar. 9, 6 p.m. – room 1227	Broadway Broadway
Practical Nursing & Access to Practical Nursing Wednesday, Mar. 2, 5 p.m. – room 1227	Broadway
Culinary Arts and Asian Culinary Arts Friday, Mar. 4 & 11, 9:30 a.m. – room 305 B	Downtown
Career Planning and Job Search Courses Monday, Mar. 7 & 14, noon – room 236	Downtown
Baking and Pastry Arts Wednesday, Mar. 9, 10:30 a.m. – room 216	Downtown
ESL Homefront Learning – Volunteer Tutoring Wednesday, Mar. 9, 7 p.m. – room 3701	Broadway
Hospitality Management Diploma Saturday, Mar. 12, 11 a.m. – room 420	Downtown
Digital Graphic Design Monday, Mar. 14, 4:30 p.m. – room 721	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

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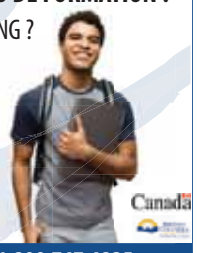

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How to find free cash

Don't think you can afford to pay for summer school? There are a number of options that can help you, from loans to scholarships to bursaries

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

How will you pay for summer school?

The best way to finance your summer school is to find "free money," such as grants, scholarships and bursaries that don't accrue interest and you never have to pay back.

Websites such as ScholarshipsCanada.com and StudentAwards.com can help you find them.

Government loans are the traditional way of financing your schooling. In Canada, academic funding is considered to be a partnership between you the student, your parents and the government.

If you're a full-time summer student, which means 9.5 hours per week of classes, you can qualify for the full-time, no-interest loan and don't have to pay it back until you're no longer full-time status.

There are provincial and federal student loans that you can apply for at the same time.

You can complete a single application online, and loans and grants from both governments will be calculated automatically. Visit CanLearn.ca for more information.

Student bank loans are another option. Not all banks consider summer school eligible for financing because it doesn't fall within the standard school year, from September to April.

An adviser at the Bank of Nova Scotia said that in order to qualify for its ScotiaLine personal line of credit for students, you would need to be enrolled in full-time or part-time courses for at least a full year, with valid proof of enrolment. Its alternative would be a standard personal line of credit.

However, Aviel Chow at the Student Financial Resource Centre in Alberta advises against a regular bank loan.

"Whether you're full-time or part-time, it's best to apply for the government student loans," he says.

The centre is run by the Student Union at the University of Alberta. There are two government loan options for summer school depending on your full- or part-time status.

Chow says that most students take part-time for spring and summer and opt for the part-time loan option, in which interest does accrue and you are expected to make payments on the interest during your school term.

Look to the universities and their affiliates for other sources of funding.

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Full-time students — those with 9.5 hours per week of classes, can qualify for the full-time, no interest loan and don't have to pay it back until they're no longer full-time.

For example, the U of A Student Union offers the Access Fund, a bursary based on financial need.

"This fund is available for students ineligible for their loans or have taken out the maximum the government is willing to give them and are still struggling for more," says Chow.

The fund is administered to U of A undergraduates on a case-by-case basis, requiring an interview to assess the student for shortfalls.

In any case, it is best to contact a student financial planner to help you make your choices and do your homework to research some of the many sources of funding available for your summer studies.

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▶ You can complete a single application for provincial and federal loans online.

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- Summer arts courses cover a huge spectrum
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KIM ZARZOUR
LIFE@METRONEWS.CA

With the days growing longer and thoughts of warm weather ahead, you may be dreaming of summer plans — lounging on the beach, leaping into a pool, or, for a change of pace, jumping into an intense learning experience at a post-secondary school near you.

Many institutions offer concentrated arts courses geared toward students who wish to earn extra credit or simply tackle a topic of special interest. Here's a sampling. Unless otherwise noted, call the school or visit the institution's website for further details.

• **University of British Columbia Continuing Studies** has an extensive range of summer programming with a full suite of summer language courses, including three one-week programs that focus on French, Spanish and Chinese through cinema.

There are also two new French cuisine courses — one in English that focuses on light meals for summer days, another in French aimed at francophones — and two wine appreciation courses for anglophones and francophones. A variety of writing courses, including songwriting and book illustration, will also be offered. For information, see cstudies.ubc.ca.

• At **University of British Columbia's Okanagan campus** in Kelowna, a variety of first-year university-credit courses are being offered in theatre, creative writing and visual art. As well, a new Spanish Summer Field School allows students to dive into community service abroad by supporting Mayan community development projects in partnership with Mexico's Quintana Roo University.

For those with an interest in travelling and volunteering in Eastern Europe, real-life learning opportunities are available through the Eastern Europe at a Crossroads: Romania and Bulgaria course.

▶ Classroom instruction is only one as

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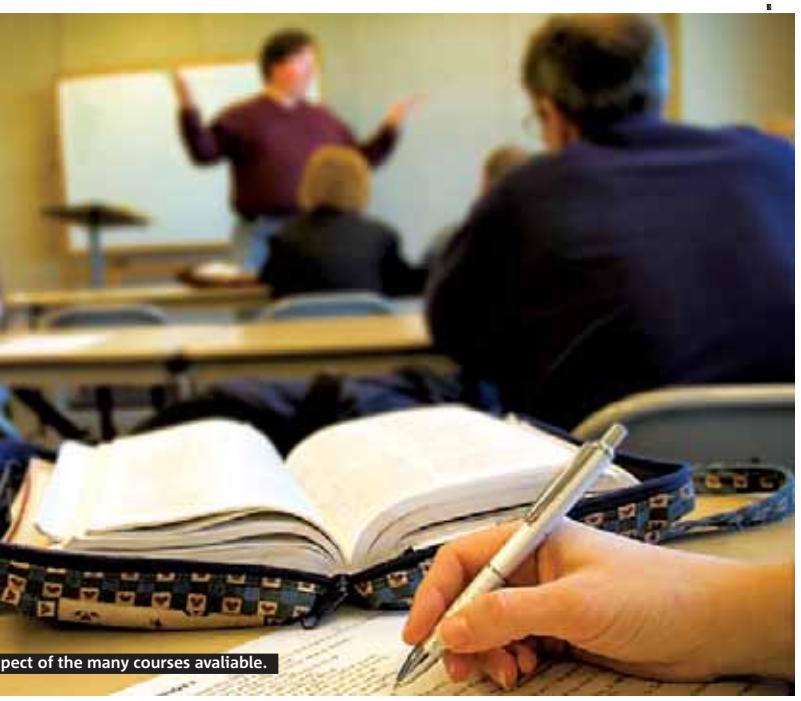

pect of the many courses avaliable.

• **Trinity Western University** offers several week-long special interest arts courses including retreats in photography, psychology and spirituality, two- and three-week travel studies to Cameroon, Guatemala and Honduras, Israel, Kenya and Uganda, London, Ottawa, Zambia and Salt Spring Island. Students can also earn university credit before the fall semester begins during University Week at Camp on the shores of Lake Okanagan, studying photography, concepts of PE, contemporary ethical issues, intro to political science and history of Canada: post-confederation.

• **Capilano University** has several media-focused summer programs, including animation fundamentals or computer animation and visual effects (two-month courses), foundations in Illustration and design (10 weeks), grip work for digital imaging and film or lighting for digital imaging and film (both one-month fast-tracking courses).

• **Kwantlen Polytechnic University** has May/June offerings in art history, english, fine arts, Japanese, linguistics, Mandarin, philosophy and Spanish. In the July/August session, students can study history, humanities, Japanese and psychology.

• **Emily Carr University of Art and Design's Summer Institute for Teens aged 15 to 18** is a challenging four-week art experience, ideal for students who are serious about pursuing post-secondary studies in art, design or media.

Emily Carr is also offering a Design Institute this summer, with courses and events focused on emerging and professional design in Vancouver.

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Vancouver, B.C. V6B 6J9
Tel: 604-683-8360 Fax: 604-682-7191
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UNDERGRADUATE PROGRAMS

VICTORIA BC CANADA | ROYAL ROADS UNIVERSITY

New doctors need new skills

Students learning to make the most of new tech environment 17 med schools involved

An initiative has been launched to better prepare Canadian medical students to practise in modern, technology-enabled clinical environments.

The Association of Faculties of Medicine of Canada and Canada Health Infoway want medical schools, students and residents to join in a three-year project to strengthen learning in effective clinical use of information and communications technologies.

"In Canada and around the world, clinicians are improving quality of care, access and productivity through the use of information and communications technologies," said Jennifer Zelmer of Health Infoway, a federally funded organization formed to accelerate development of information technology projects across the country.

"Clinicians are improving quality of care, access and productivity through ... information and communications technologies."
JENNIFER ZELMER, HEALTH INFOWAY

"By giving clinicians-in-training a good foundation on the effective use of these tools in clinical practice, physicians of tomorrow can better harness these benefits in their practices and for their patients," she said.

The Clinicians in Training project aims to improve clinical practice and patient care by supporting medical students and residents in their adoption and use of information and communications technologies, such as electronic medical records.

The program, involving Canada's 17 faculties of medicine, will include creation and sharing of curriculum-based resources and e-learning tools. There will also be a focus on clinical use of information and communications technologies at the Canadian Conference on Medical Education; a virtual patient challenge for students; and an annual award for leaders who advance medical informatics in education and learning opportunities related to electronic health record systems.

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ISTOCK

▶ The Clinicians in Training program targets students and residents.

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Big names stay put at deadline

Kings in one of the few major deals of the day

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the big scoring forward from the Edmonton Oilers before the NHL trade deadline yesterday.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second-rounder for the 28-year-old Penner.

It was the biggest move of an interesting, but not very active, deadline day that also saw the Washington Capitals pick up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida.

The Panthers were the busiest team, moving four players — Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with the three they had already dealt away in recent days. But they didn't deal goaltender Tomas Vokoun, who can become an unrestricted free agent July 1.

Dallas Stars centre Brad Richards also stayed put.

Ottawa sent defenceman Chris Campoli and a conditional 2012 pick to Chicago for prospect Ryan Potulny and a second-rounder. The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

The Toronto Maple Leafs sent minor-leaguer John Mitchell to the New York Rangers for a seventh-round pick yesterday.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season, sporting a $21-million US, five-year contract that has one more season to run. After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career highs of 32 goals and 63 points.

He has 21 goals in 62 games this season and was sought by just about every team looking for offence.

THE CANADIAN PRESS

35

In all, 35 players and 12 draft picks changed hands in the 16 deals made before the noon cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

GREGORY SHAMUS/GETTY IMAGES

▶ Dustin Penner headed back to California after being dealt to the Kings by the Oilers at the NHL trade deadline yesterday.

Canucks content to make minor moves

By dealing for some grit and picking up some secondary scoring ability, the Vancouver Canucks believe they have added a couple more pieces needed for a run at the Stanley Cup.

As expected, the Canucks didn't do anything major at yesterday's NHL trade deadline.

Vancouver acquired agitator Maxim Lapierre and minor-league centre MacGregor Sharp from the Anaheim Ducks for centre Joel Perrault and a 2012 third-round pick.

The Canucks also picked up left-winger Chris Higgins from the Florida Panthers for defenceman Evan Oberg and a 2013 third-round pick.

"When you're in first place, it's pretty difficult to try to replace parts with other parts."

CANUCKS GM MIKE GILLIS

"I think we made our team a little bit better today," said general manager Mike Gillis. "You have to try and do that. I think we added experience and we added a little bit of a different element than we possess on this team currently.

"With Chris Higgins we have a player that can move up and down the lineup. With Maxim Lapierre we have a third-line/fourth-line player that can play with some grit and sandpaper and add a dimension that we don't currently have."

Gillis has helped assemble one of the best teams in Canuck history. Vancouver's record of 39-15-9 for 87 points leads the league.

Happy with his starring cast, Gillis was satisfied with making additions to the supporting roles.

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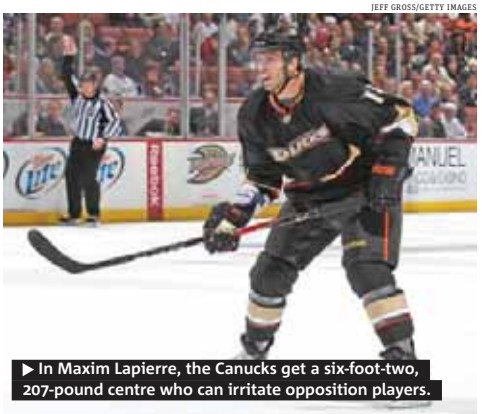

▶ In Maxim Lapierre, the Canucks get a six-foot-two, 207-pound centre who can irritate opposition players.

4 sports

Canucks preview

Blue Jackets at Canucks
7:00 p.m.
TV: SNET-VAN
Radio: AM 1040

Columbus (31-24-6) heads to Vancouver on the outside of a tight playoff race in the Western Conference. The Blue Jackets have 68 points, four points out of the final playoff spot. It's the start of a Western Canada road trip for Columbus, which is winless through two games against the Canucks this season.

Vancouver (39-15-9) remains comfortably atop the Western Conference with 87 points. The Canucks lead Detroit by five points, but hold only a one-point lead on Philadelphia in the race for the Presidents' Trophy. It's the fifth of a six-game homestand for Vancouver.

THE CANADIAN PRESS

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	2	5	194	148	79	15-12-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	63	39	18	4	2	213	183	84	17-10-3-1	22-8-1-1	7-3-0-0	W2
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	18-11-3-2	7-2-0-1	L3
Los Angeles	63	35	24	2	2	178	156	74	19-10-1-0	16-14-1-2	6-2-1-1	L1
Chicago	63	34	23	2	4	202	174	74	19-14-0-0	15-9-3-3	7-1-0-2	W5
Calgary	64	32	23	3	6	190	182	73	19-10-1-3	13-13-2-3	6-2-1-1	W1
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	63	33	24	1	5	165	166	72	16-13-0-3	17-11-1-2	5-4-0-1	L1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	18-10-1-3	10-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	183	217	59	14-15-4-0	12-15-3-0	1-8-1-0	L3
Edmonton	63	20	35	1	7	158	211	48	10-19-1-3	10-16-1-3	4-6-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Chicago 4 Minnesota 2
Detroit 7 Los Angeles 4
Sunday's results
Calgary 1 St. Louis 0
Atlanta 3 Toronto 2 (OT)
Boston 3 Edmonton 2
Anaheim 3 Colorado 2
Chicago 4 Phoenix 3 (SO)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
Tonight's games
All times Eastern
Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Dallas at Phoenix, 9 p.m.
Nashville at Edmonton, 9:30 p.m.
Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.
Tomorrow's games
Pittsburgh at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Minnesota at N.Y. Islanders, 7 p.m.
Calgary at Chicago, 9 p.m.
Detroit at Anaheim, 10 p.m.

TRADE DEADLINE HISTORY

Total transactions and players moved at the National Hockey League's trade deadline:

Season, Date	Trades	Players
1979-80, Mar. 11	3	5
1980-81, Mar. 10	12	22
1981-82, Mar. 9	5	11
1982-83, Mar. 8	1	1
1983-84, Mar. 6	2	2
1984-85, Mar. 12	4	7
1985-86, Mar. 11	8	14
1986-87, Mar. 10	5	9
1987-88, Mar. 8	8	12
1988-89, Mar. 7	9	21
1989-90, Mar. 6	10	16
1990-91, Mar. 5	14	33
1991-92, Mar. 10	11	22
1992-93, Mar. 22	9	14
1993-94, Mar. 21	18	35
1994-95, Apr. 7	19	32
1995-96, Mar. 20	13	21
1996-97, Mar. 18	18	35
1997-98, Mar. 24	19	38
1998-99, Mar. 23	21	30
1999-00, Mar. 14	12	23
2000-01, Mar. 13	17	31
2001-02, Mar. 19	17	35
2002-03, Mar. 11	24	46
2003-04, Mar. 9	20	32
2004-05	None	(lock-out)
2005-06, Mar. 9	25	40
2006-07, Feb. 27	25	44
2007-08, Feb. 26	25	45
2008-09, Mar. 4	22	47
2009-10, Mar. 3	31	55
2010-11, Feb. 28	16	35
Total	**443**	**813**
Average	**13.8**	**25.4**

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	47	79
Stamkos, TB	41	37	78
St. Louis, TB	24	51	75
H.Sedin, Vcr	15	59	74
Perry, Ana	31	37	68
Zetterberg, Det	18	49	67
Crosby, Pgh	32	34	66
Ovechkin, Wash	24	39	63
B.Richards, Dal	24	39	63
Kopitar, LA	20	40	60
E.Staal, Car	27	32	59
Iginla, Cal	25	33	58
Toews, Chi	22	36	58
Giroux, Pha	21	37	58
Kesler, Vcr	33	24	57
Eriksson, Dal	21	36	57
Selanne, Ana	20	37	57
Sharp, Chi	32	24	56
Nash, Clb	29	27	56
J.Carter, Phа	28	27	55
Yandle, Phx	10	44	54
P.Kane, Chi	20	33	53
Backstrom, Wash	15	38	53
Tavares, NYI	23	29	52
Vanek, Buf	23	29	52
Ryan, Ana	29	23	52
Havlat, Minn	19	33	52
M.Richards, Phа	19	33	52
J.Thornton, SJ	15	37	52
Briere, Phа	28	23	51
Ribeiro, Dal	12	39	51
P.Bergeron, Bos	21	29	50
Heatley, SJ	20	30	50
P.Stastny, Col	19	31	50
Datsyuk, Det	18	32	50
Duchene, Col	21	28	49
Plekanec, Mtl	20	29	49
J.Williams, LA	20	29	49
Getzlaf, Ana	16	33	49
M.Koivu, Minn	15	34	49

Not including last night's games

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE

NEW YORK METS—Named Pedro Lopez manager of St. Lucie (FSL), Ryan Ellis manager of Savannah (SAL), Frank Fultz manager of Kingsport (Appalachian) and Luis Rojas manager of the GCL Mets.

BASKETBALL

NBA

CHARLOTTE BOBCATS—Waived G Morris Peterson.
GOLDEN STATE WARRIORS—Reached a buyout agreement with F Troy Murphy and placed him on waivers.
WASHINGTON WIZARDS—Reached a buyout agreement with G Mike Bibby and placed him on waivers.

FOOTBALL

NFL

CHICAGO BEARS—Released DT Tommie Harris, LB Hunter Hillenmeyer and OT Kevin Shaffer.
SEATTLE SEAHAWKS—Signed CB Kennard Cox to a one-year contract.
WASHINGTON REDSKINS—Released RB Clinton Portis.

HOCKEY

NHL

ATLANTA THRASHERS—Acquired F Radek Dvorak and a 2011 fifth-round pick from Florida for F Nicklas Bergfors and F Patrick Rissmiller. Traded LW Fredrik Modin to Calgary for a 2011 seventh-round draft pick. Claimed F Rob Schremp off waivers from the New York Islanders. Recalled F Ben Maxwell and G Peter Mannino from Chicago (AHL). Reassigned F Spencer Machacek to Chicago.
BOSTON BRUINS—Acquired F David Lailberte and F Stefan Chaput from Anaheim for F Brian McGrattan and D Sean Zimmerman. Assigned Lailberte and Chaput to Providence (AHL).
CALGARY FLAMES—Claimed D Brett Carson off waivers from Carolina.
CAROLINA HURRICANE—Traded LW Sergei Samsonov to Florida for D Bryan Allen.
CHICAGO BLACKHAWKS—Acquired D Chris Campoli and a conditional seventh-round draft pick from Ottawa for F Ryan Potulny and a 2011 second-round draft pick.
COLUMBUS BLUE JACKETS—Traded LW Tom Sestito to Philadelphia for C Michael Chaput and C Greg Moore.
DETROIT RED WINGS—Signed G Jimmy Howard to a two-year contract.
EDMONTON OILERS—Acquired D Kevin Montgomery from Colorado for D Shawn Belle. Traded RW Dustin Penner to Los Angeles for D Colten Teubert, a 2011 first-round draft pick and a conditional 2012 third-round draft pick.
LOS ANGELES KINGS—Signed F Justin Williams to a four-year contract extension.
MINNESOTA WILD—Traded G Anton Khudobin to Boston for D Jeff Penner and RW Mikko Lehtonen. Recalled C Warren Peters from Houston (AHL). Reassigned C Cody Almond to the Aeros.
MONTREAL CANADIENS—Acquired G Drew MacIntyre from Atlanta for D Brett Festerling. Assigned MacIntyre to Hamilton.
NEW JERSEY DEVILS—Traded C Jason Arnott to Washington for C David Steckel and a 2012 second-round draft pick.
NEW YORK ISLANDERS—Recalled F Justin DiBenedetto from Bridgeport (AHL).
OTTAWA SENATORS—Signed D Chris Phillips to a three-year contract extension through the 2013-14 season. Claimed G Curtis McElhinney off waivers from Tampa Bay. Reassigned G Robin Lehner to Binghamton (AHL).
PHOENIX COYOTES—Acquired D Rostislav Klesla and F Dane Byers from Columbus for F Scottie Upshall and D Sami Lepisto.
ST. LOUIS BLUES—Traded F Brad Winchester to Anaheim for a 2012 third-round draft pick. Recalled F Chris Porter and F Ryan Reaves from Peoria (AHL). Placed F Philip McRae on the injured list.
TORONTO MAPLE LEAFS—Traded C John Mitchell to the New York Rangers for a 2012 seventh-round draft pick.
VANCOUVER CANUCKS—Traded D Evan Oberg to Florida for F Chris Higgins and a 2013 third-round draft pick. Traded C Joel Perrault and a 2012 third-round draft pick to Anaheim for C Maxim Lapierre and C MacGregor Sharp. Reassigned F Cody Hodgson and F Victor Oreskovich to Manitoba (AHL).
WASHINGTON CAPITALS—Acquired D Dennis Wideman from Florida for C Jake Hauswirth and a 2011 third-round pick.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	43	15	.741	—
d-Miami	43	17	.717	1
d-Chicago	41	17	.707	2
Orlando	38	22	.633	6
Atlanta	36	24	.600	8
New York	30	27	.526	12½
Philadelphia	30	29	.508	13½
Indiana	26	32	.448	17
Charlotte	26	33	.441	17½
Milwaukee	22	36	.379	21
Detroit	22	39	.361	22½
New Jersey	17	43	.283	27
Toronto	16	44	.267	28
Washington	15	44	.254	28½
Cleveland	11	48	.186	32½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	10	.831	—
Dallas	43	16	.729	6
d-L.A. Lakers	42	19	.689	8
d-Oklahoma City	36	22	.621	12½
Denver	35	26	.574	15
New Orleans	35	26	.574	15
Portland	33	26	.559	16
Memphis	33	28	.541	17
Phoenix	31	27	.534	17½
Utah	32	29	.525	18
Houston	30	31	.492	20
Golden State	26	32	.448	22½
L.A. Clippers	21	40	.344	29
Sacramento	15	43	.259	33½
Minnesota	14	46	.233	35½

d — division leader.
Last night's results
Phoenix 104 New Jersey 103 (OT)
Chicago 105 Washington 77
Denver 100 Atlanta 90
Boston 107 Utah 102
Sacramento 105 L.A. Clippers 99
Sunday's results
Dallas 114 Toronto 96
Houston 91 New Orleans 89
L.A. Lakers 90 Oklahoma City 87
Minnesota 126 Golden State 123
New York 91 Miami 86
Orlando 100 Charlotte 86
Philadelphia 95 Cleveland 91
Phoenix 110 Indiana 108 (OT)
San Antonio 95 Memphis 88
Atlanta 90 Portland 83
Tonight's games
All times Eastern
Golden State at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Dallas at Philadelphia, 7 p.m.
New Orleans at Toronto, 7 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Houston at Portland, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Zimbabwe	2	1	0	1	2
Canada	**2**	**0**	**0**	**2**	**0**
Kenya	2	0	0	2	0

GROUP B

	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
West Indies	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	2	0	0	2	0

Yesterday's results
At New Delhi
West Indies (330-8) def. Netherlands (115, all out) by 215 runs.
At Nagpur, India
Zimbabwe (298 for nine) def. **Canada (123, all out)** by 175 runs.
Sunday's result
At Bangalore, India
India (338, all out) tied with England (338-8)
Today's match
At Colombo, Sri Lanka
Sri Lanka vs. Kenya

TENNIS

WTA MONTERREY OPEN

At Monterrey, Mexico
Singles
First Round
Polona Hercog (8), Slovenia, def. Angelique Kerber, Germany, 6-3, 6-3.
Greta Arn, Hungary, def. Sandra Zahlavova, Czech Republic, 6-0, 6-4.
Doubles
First Round
Iveta Benesova and Barbora Zahlavova Strycova (1), Czech Republic, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-3, 7-5.
Marie-Eve Pelletier, Repentigny, Que., and Ahsha Rolle, U.S., def. Sarah Borwell, Britain, and Liga Dekmeijere, Latvia, 7-6 (2), 7-6 (5).
Eva Birnerova, Czech Republic, and Johanna Larsson, Sweden, def. Ipek Senoglu, Turkey, and Jasmin Woehr, Germany, 6-4, 6-2.

WTA MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles
First Round
Jelena Dokic, Australia, def. Francesca Schiavone (1), Italy, 2-6, 7-6 (1), 6-4.
Lucie Safarova (5), Czech Republic, def. Zarina Diyas, Kazakhstan, 7-5, 6-1.
Ayumi Morita (6), Japan, def. Darya Kustova, Belarus, 6-2, 6-0.
Zhang Shuai, China, def. Chang Kai-chen, Taiwan, 6-4, 6-7 (3), 6-4.
Urszula Radwanska, Poland, def. Junri Namigata, Japan, 6-1, 6-3.
Noppawan Lertcheewakarn, Thailand, def. Alberta Brianti, Italy, 6-4, 2-6, 6-2.
Doubles
First Round
Maria Elena Camerin, Italy, and Darya Kustova (4), Belarus, def. Han Xinyun, China, and Ekaterina Ivanova, Russia, 6-2, 6-4.
Elena Bovina and Nina Bratchilkova, Russia, def. Aiko Nakamura and Erika Sema, Japan, 6-1, 6-4.
Dinara Safina, Russia, and Galina Voskoboeva, Kazakhstan, def. Jessy Rompies and Lavinia Tananta, Indonesia, 6-4, 6-4.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Baltimore	1	0	1.000
Detroit	3	0	1.000
Seattle	1	0	1.000
L.A. Angels	2	1	.667
Boston	1	1	.500
Cleveland	1	1	.500
Kansas City	1	1	.500
Minnesota	1	1	.500
Oakland	1	1	.500
Texas	1	1	.500
N.Y. Yankees	1	2	.333
Tampa Bay	1	2	.333
Chicago W.Sox	0	1	.000
Toronto	0	3	.000

NATIONAL LEAGUE

	W	L	Pct
Colorado	2	0	1.000
Florida	1	0	1.000
Washington	1	0	1.000
San Francisco	3	1	.750
Philadelphia	2	1	.667
Atlanta	1	1	.500
Cincinnati	1	1	.500
L.A. Dodgers	2	2	.500
Milwaukee	1	1	.500
N.Y. Mets	1	1	.500
Pittsburgh	2	2	.500
Arizona	1	3	.250
Chicago Cubs	0	2	.000
Houston	0	1	.000
San Diego	0	1	.000
St. Louis	0	1	.000

Yesterday's results
Philadelphia 6 Toronto 3
Atlanta 13 Houston 3
Baltimore 6 Pittsburgh (ss) 4
Boston 7 Minnesota 6
Cleveland 12 Cincinnati 0
Colorado 6 Arizona 5
Detroit 6 N.Y. Yankees 2
Florida 6 St. Louis 3
L.A. Angels 8 Oakland 7
L.A. Dodgers 6 Chicago White Sox 5
Milwaukee (ss) 5 Chicago Cubs 3
Pittsburgh (ss) 6 Tampa Bay 5
San Diego 6 Seattle 6
San Francisco 10 Milwaukee (ss) 9
Texas 12 Kansas City 11
Washington 9 N.Y. Mets 3

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	27	17	9	1	61	25	60
Arsenal	27	17	5	5	57	27	56
Man City	28	14	8	6	44	25	50
Tottenham	27	13	8	6	38	31	47
Chelsea	26	13	6	7	46	22	45
Liverpool	28	11	6	11	36	35	39
Bolton	28	9	10	9	39	38	37
Sunderland	28	9	10	9	33	35	37
Newcastle	28	9	9	10	43	39	36
Stoke	28	10	4	14	32	35	34
Everton	27	7	12	8	35	36	33
Aston Villa	28	8	9	11	35	47	33
Fulham	28	6	14	8	29	29	32
Blackburn	28	9	5	14	35	46	32
Blackpool	28	9	5	14	42	55	32
Birmingham	26	6	12	8	25	35	30
West Brom	28	7	8	13	36	53	29
Wolverhampton	28	8	4	16	31	46	28
West Ham	28	6	10	12	33	49	28
Wigan	28	5	12	11	27	49	27

Yesterday's result
Stoke 1 West Bromwich Albion 1

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
AC Milan	27	17	7	3	49	20	58
Inter Milan	27	16	5	6	49	29	53
Napoli	27	16	4	7	41	25	52
Lazio	27	14	6	7	33	23	48
Udinese	27	14	5	8	49	30	47
Roma	27	12	7	8	41	38	43
Juventus	27	11	8	8	41	32	41
Palermo	27	12	4	11	44	43	40
Cagliari	27	11	5	11	28	27	38
Genoa	27	9	8	10	25	27	35
x-Bologna	27	10	8	9	29	34	35
Fiorentina	27	8	10	9	28	29	34
Chievo Verona	27	7	10	10	27	29	31
Sampdoria	27	7	10	10	23	29	31
Catania	27	7	8	12	24	35	29
Parma	27	6	10	11	26	38	28
Lecce	27	7	8	12	30	48	28
Cesena	27	6	7	14	20	36	25
Brescia	27	6	6	15	22	35	24
Bari	27	3	7	17	14	41	16

x — penalized 3 points for failed tax and wage payments
Yesterday's result
AC Milan 3 Napoli 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	25	22	2	1	76	13	68
Real Madrid	25	19	4	2	55	19	61
Valencia	25	15	6	4	40	26	51
Villarreal	25	14	5	6	44	26	47
Espanyol	25	13	1	11	34	36	40
Athletic Bilbao	25	12	2	11	39	36	38
Sevilla	25	10	5	10	38	40	35
Atletico Madrid	25	10	4	11	35	33	34
Real Sociedad	25	11	1	13	36	41	34
Getafe	25	9	5	11	35	38	32
Mallorca	25	9	4	12	25	34	31
Racing Santander	25	7	8	10	23	31	29
Levante	25	8	3	14	26	37	27
Deportivo La Coruna	25	6	9	10	21	35	27
Hercules	25	7	5	13	24	38	26
Osasuna	25	6	7	12	26	32	25
Sporting Gijon	25	5	10	10	23	31	25
Zaragoza	25	5	9	11	22	37	24
Malaga	25	6	6	14	34	51	23
Almeria	25	4	9	12	25	43	21

Yesterday's result
Malaga 3 Almeria 1

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	10	8	2	.800	117	91	—
Boston	9	6	3	.667	99	81	1½
Buffalo	7	4	3	.571	78	67	2½
Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	9	2	7	.222	93	110	3½
Colorado	8	1	7	.125	70	94	4

WEEK NINE
All times Eastern
Friday's games
Philadelphia at Toronto, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Saturday's games
Calgary at Philadelphia, 7 p.m.
Rochester at Buffalo, 7:30 p.m.
Washington at Edmonton, 9 p.m.
Sunday, March 6
Buffalo at Boston, 5 p.m.

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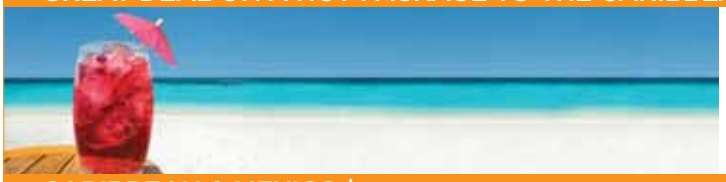

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Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
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JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Mar. 11 & 18
$1199 Add taxes & other fees: $121

MEXICO | Cancun/Riviera Maya via Calgary
Occidental Grand Xcaret ❀❀❀❀❀
All-Inclusive • Deluxe rm. • May 7
$1039 Add taxes & other fees: $240

MEXICO | Cancun/Riviera Maya via Calgary
Gran Bahia Principe Tulum ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • May 7
$1169 Add taxes & other fees: $240

MEXICO | Los Cabos
Wyndham Cabos San Lucas Resort ❀❀❀
All-Inclusive • Deluxe city view rm. • May 8 - 29
$929 Add taxes & other fees: $249

MEXICO | Los Cabos
Hola Grand Faro Los Cabos Luxury ❀❀❀❀
All-Inclusive • Deluxe partial oceanview rm. • May 8 - 29
$1019 Add taxes & other fees: $249

MEXICO | Los Cabos
Barceló Los Cabos Palace Deluxe ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite deluxe • May 8 - 29
$1099 Add taxes & other fees: $249

MEXICO | Los Cabos
Dreams Los Cabos Suites Golf Resort & Spa ❀❀❀❀❀
Unlimited-Luxury® • Junior suite ocean view • May 8 - 29
$1499 Add taxes & other fees: $249

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Allegro Varadero ❀❀❀
Superior rm. • Mar. 4
$879 Add taxes & other fees: $149

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
Standard rm. • Mar. 25
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$379 Add taxes & other fees: $108

NEVADA | Las Vegas
Luxor Las Vegas ❀❀❀❀
Pyramid rm. • Apr. 9 & 11 • 3 nts.
$399 Add taxes & other fees: $108

HAWAII | Oahu
Maile Sky Court ❀❀❀
Q value - city view rm. • Apr. 11 • 1 wk.
$699 Add taxes & other fees: $109

HAWAII | Maui
Aston Maui Lu ❀❀
Standard garden view rm. EZ deal • Apr. 5 - 7 • 1 wk.
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FRANCE | Paris via Toronto
All Seasons Paris Gare de L'Est ❀❀❀
Breakfast • Standard rm. • Apr. 6, 7 & 13 • 4 nts.
$929 Add taxes & other fees: $419

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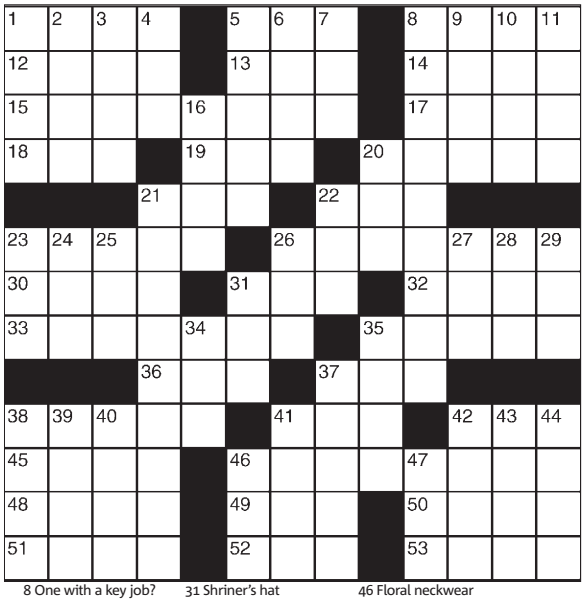
Crossword



Across
1 Urban pollutant
5 Crafty
8 Mary's follower
12 Greek vowel
13 Spy org.
14 Hodgepodge
15 Traffic congestion
17 R.I. neighbor
18 "For — a jolly ..."
19 Consumed
20 Bundle of yarn
21 Banned insecticide
22 Greyhound carrier
23 Each and —
26 Sleepwear, slangily
30 Having Y chromosomes
31 Nourished
32 Not active
33 Not upset (by)
35 Add fuel to the fire
36 12 (Abbr.)
37 Cheerful sound?
38 Layered rock
41 Chick
42 "See ya"
45 Novice
46 Name in aircraft
48 Great story
49 8-Across' mom
50 Peruse
51 Frail
52 Neither Rep. nor Dem.
53 Agile

Down
1 Unuttered "Alas"
2 Additional
3 Elevator name
4 Wander (about)
5 Composer Joplin
6 Grown-up nits
7 Tibetan beast
8 One with a key job?
9 Lotion additive
10 Revealing skirt
11 German city
16 "— Sings the Blues"
20 Total
21 Rasta's braid
22 Evil
23 Ostrich's cousin
24 Moving truck
25 Sprite
26 Clampett patriarch
27 Altar affirmative
28 Wapiti
29 Witness
31 Shriner's hat
34 Orange "Sesame Street" Muppet
35 Polio vaccine discoverer
37 Battled for time
38 Crockpot creation
39 Advertise in a big way
40 Operatic solo
41 Formal dress
42 Road Runner's noise
43 Once around the sun
44 Vortex
46 Floral neckwear
47 120 min. = 2 —

▶ Yesterday's answer

B	L	T			A	L	P		A	L	S	O
A	U	R	A		H	E	R		P	E	O	N
C	L	A	P		A	G	O		P	O	L	E
H	U	M	P	S		S	O	A	R			
			L	A	G		F	L	O	R	E	T
J	A	N	I	T	O	R		A	B	O	V	E
O	P	E	C		B	A	Z		A	V	E	R
E	S	S	A	Y		W	E	S	T	E	R	N
L	E	T	T	E	R		D	O	I			
			I	S	I	S		Y	O	D	E	L
M	E	M	O		G	E	L		N	O	L	O
I	R	A	N		O	W	E		S	O	S	A
A	R	T	S		R	N	A			M	E	N

Sudoku

		6				1		
					5		6	8
3	7		8	6				
							1	9
4	3	9				5	7	2
2	8							
				5	6		9	3
7	6		4					
		4				6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	8	2	1	6	4	9	5	3
3	4	6	7	9	5	2	8	1
9	1	5	2	3	8	6	7	4
1	9	8	6	5	2	4	3	7
5	7	4	3	1	9	8	2	6
6	2	3	4	8	7	1	9	5
4	6	9	5	2	3	7	1	8
8	5	1	9	7	6	3	4	2
2	3	7	8	4	1	5	6	9

Send a KISS

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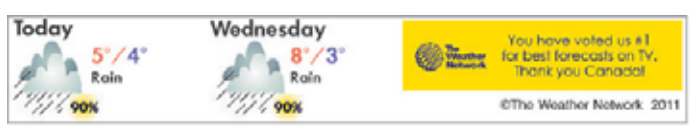
Ricky, my love! I just wanted to let you know how happy i am with you. Not a day goes by that i dont think of you and how lucky i am to have found you. Happy anniversary! **JANE**

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. you complete me, Will you marry me? **LOVE JB**

To my loving husband Dave, I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love **SHAILEEN XO**

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby. I love you. **LOVE YOUR LIL ONE KN**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

♉ Taurus April 21-May 21
Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

♊ Gemini May 22-June 21 Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

♋ Cancer June 22-July 22
Tread carefully when discussing sensitive issues with loved ones. According to the planets, they most likely don't want to hear your advice, especially if it requires a change of behaviour on their part.

♌ Leo July 23-Aug.23 Your sixth sense can be trusted, so be on guard if you doubt what some people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

♍ Virgo Aug. 24- Sept. 22 Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

♎ Libra Sept. 23-Oct. 23 A deal of some kind may sound attractive but you need to find out more about it before you commit. If you get something, you will no doubt be asked to give something in return.

♏ Scorpio Oct. 24-Nov. 22
Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous.

♐ Sagittarius Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

♑ Capricorn Dec. 22-Jan. 20 If you need to announce some bad news today, the best way is to come right out with it. The more you prevaricate, the more others will worry that it's earth-shatteringly terrible.

♒ Aquarius Jan. 21-Feb. 18
You won't be thinking straight today, so expect your mind to play tricks on you. Now that you know that, you are less likely to make any spur-of-the-moment decisions that will get you into trouble.

♓ Pisces Feb. 19-March 20 The more that others insist that you follow their lead, the more you will resist and go your own way. Always do what is right for you.

SALLY BROMPTON

Caption contest

AIJAZ RAHI/ THE ASSOCIATED PRESS

WIN!

You write it!

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